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Your essential daily news | TUESDAY, DECEMBER 8, 2015

High 1°C/Low -4°C Cloudy



## Few details on refugee plans

SYRIANS

### City still in early stages of settlement arrangements



**Stephanie Taylor**  
Metro | Winnipeg

Although the mayor said the arms of our city are open to Syrian refugees, details are still scarce around what exactly will be done to welcome them.

Ironing out the city's role in helping resettle some of the 2,000 destined for Manitoba is still in the early stages, says Coun. Cindy Gilroy.

"We are just starting out," Gilroy said Monday. "We want to make sure they're welcomed into our communities. We want to make sure they're comfortable. We want to make sure they're using our services, and if there's ways we can improve our services, those are all great

discussions we're going to be having."

A discussion on refugees was slated for Monday evening's meeting of the citizen equity committee, chaired by Gilroy.

The discussion was sparked by a letter from the director of programming and development at Immigrant Centre Manitoba Inc. asking if either the city or mayor's office had plans to co-ordinate any welcome efforts.

Cities across the country have begun to take steps towards resettlement. For example, Halifax plans to provide free transit passes and discounted community centre access. Vancouver is looking to open caretaker cottages in parks for refugee families.

Gilroy said staff are continuing to engage with the province and local groups, and acknowledged the city holds the keys to important services. "I don't think by any stretch we should pretend we have all the answers. We have to really listen to the community that are serving new refugees and what they need from us," she said.



Missing and murdered indigenous women

## VIGILS, PROTESTS, AND NOW, ANSWERS

JOHN WOODS/THE CANADIAN PRESS

Liberals begin long-awaited inquiry process **metroNEWS**

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## POLICE

### Search for man after report of indecent act

Winnipeg police are on the lookout for a man they say exposed himself to a young girl.

Police said the girl, 10, was walking to school in the Maples when a man dropped his pants, and performed an indecent act.

He never touched her, and the child was not injured. The flashing happened Dec. 3 at roughly 8:40 a.m. and is being followed up by the Crime Unit.

Police are looking for a male, six feet tall with a thin build. He was wearing a dark jacket, toque, scarf and grey sweatpants. Police are asking anyone information to come forward.

METRO

### Officers arrest 'combative' suspect after chase

Winnipeg police have arrested a man after a police chase down Henderson Highway Sunday.

Police say a man entered a cab in the 300 block of Henderson Highway on Nov. 30 around 11 p.m. and robbed the driver before fleeing.

Police said the man drove off "at the high rate of speed having no regard for public safety."

The man was "extremely combative" upon his arrest, police added.

Jessie Michael Nagam, 20, of Winnipeg has since been remanded into custody, and charged with multiple offences.

METRO

# New court planned for city's north end

## CRIME

### Program part of province's restorative justice strategy



**Stephanie Taylor**  
Metro | Winnipeg

Work is underway to establish Winnipeg's north end as future home of the first restorative justice court in the province.

Nancy Fazenda is a Crown attorney who has recently been tapped to become Crown prosecutor for the new court — part of Manitoba's newly minted restorative justice strategy.

"The North End does have some complex criminal justice system issues," Fazenda said Monday.

Broadly defined, restorative justice is an approach that focuses on the impact crime has on its victims and communities, which includes holding offenders to account by alternative means to serving jail time, such as reconciling with victims and performing community service.

One of her roles, Fazenda said, will include determining which individuals would benefit most from the restorative justice model. That means prosecutors will be required to work closely with community



**Nancy Fazenda says the new court is a 'natural expansion' and part of her new job will be to determine who might benefit from the new program.** EVAN MATTHEWS/FOR METRO

partners to familiarize themselves with the needs of individuals in that particular area, she said, adding the new court is a "natural expansion" of the work currently done by the city's downtown-community Crown prosecutor.

"We're hoping to do the same thing in the north end by having communication with Indigenous groups, as well as community programs that are already in existence to see if we

**"The North End does have some complex criminal justice system issues."**

Nancy Fazenda

can provide a hub for people who need more support."

Fazenda anticipates "nuisance crimes" will be heard be-

fore the new court, as well as crimes that can be linked to larger social issues.

"Part of that might actually just be individuals who don't have any mental health issues or don't have any addictions issues, but are individuals who have great potential and could actually, with the right guidance, give back to the community when they find themselves on the wrong side of the law," she said.

## INFRASTRUCTURE

### Staff want upgrade approval

In the midst of planning for next year's budget, city staff are asking for early approvals on \$11.2 million worth of contracts to upgrade some of Winnipeg's water and sewer infrastructure.

The request initially was given the go-ahead by the city's executive policy committee, and is now headed to Wednesday's council meeting. Staff explain their rationale in a report that details how the Wilkes Reservoir — one of three water storage sites around the city — is in need of structural repairs and upgrades to its pumping station, in particular its north cell. Such work is budgeted to cost \$8.7 million, according to the report.

Work on the project is expected to happen over the 2016 and 2017 construction seasons — roughly from April to October — with the city already moving ahead with procuring a contractor for the job.

"If the project is not awarded in the first quarter of 2016, resulting in a delay in the start of construction, there will be insufficient time to complete the work in 2016," reads the report.

"The City will realize additional risks and costs if the project is delayed by a year."

The other \$2.5 million is earmarked to hire a consultant in order to assist with the city's ongoing inspection of its sewer systems, scheduled to begin in April 2016.

According to the project tender, roughly 122 kilometres of sewers and manholes are in need of assessment.

STEPHANIE TAYLOR/METRO

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## TRANSIT TUESDAY

Weekly Transit News Update



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Take a Free Ride on New Year's Eve is sponsored by Manitoba Public Insurance. As a road safety leader in the province, Manitoba Public Insurance is committed to reducing alcohol-related collisions, deaths and injuries.

### WINNIPEG TRANSIT PRESENTS THE SANTA BUS

The Santa Bus is driving the holiday spirit until Thursday, December 24. All cash fares and donations collected on the Santa Bus go directly to the Christmas Cheer Board. Look for the Santa Bus on Route 16 Osborne-Selkirk all this week.

Bus #147 features larger-than-life vinyl graphics of Santa and all his reindeer. "The Santa Bus raised \$13,000 in 2014 and we're ho-ho-hoping to collect even more this year," said Mr. Claus. For more information about the Christmas Cheer Board, visit [christmascheerboard.ca](http://christmascheerboard.ca). To sponsor a hamper, call 204-989-5680. Thanks for supporting the Christmas Cheer Board!

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MLA Andrew Swan won the last big pot, valued at \$163,000. WINNIPEG BLUE BOMBERS/HANDOUT

# Grey Cup 50/50 pot still sits unclaimed

## FUNDRAISER

### \$178K prize is largest ever, Bombers say

Evan Matthews  
For Metro | Winnipeg

Are you short \$178,748?

The Winnipeg Blue Bombers are encouraging fans to double check their pockets, as the largest 50/50 pot in team history remains unclaimed.

The team played host to the

Grey Cup on Nov. 29, and the whopping total is still sitting at the office.

"We were selling tickets all weekend, both at the RBC Convention Centre and during the Nissan Titan Street Festival, too," said Kim Babij-Gesell, Blue Bombers communications manager.

"Half the pot does go to amateur football charities and community projects across the city, so we actually raised \$357,496."

In a last inch effort, the winner has 30 days to come forward, Babij-Gesell said. That means whoever has the win-

“  
Check your pants pockets, check your shirt pockets, check the pockets in your parka.”

Kim Babij-Gesell

ning ticket has until Dec. 29 to realize their victory.

"Check your pants pockets, check your shirt pockets, check the pockets in your parka," said Babij-Gesell. "Make sure that

ticket isn't in there."

Babij-Gesell said the Blue Bombers can't do whatever they want with the extra cash given the rules of their raffle license enforced by Manitoba Liquor and Lotteries.

With half the pot already going to charity, Babij-Gesell said if the money goes unclaimed it would stay within the organization, likely to be put forward to an increased 50/50 pot next year.

The pot is the organization's largest ever, eclipsing the \$163,000 pot won by MLA Andrew Swan earlier this year.



## ANTICIPATING CHRISTMAS SANTA, CAN YOU HEAR ME NOW?

Operation Radio Santa went off without a hitch at Bertrun E. Glavin Elementary school Monday, as students got to speak with the Jolly Old Elf thanks to "secret" armed forces technology. Among the requests for gifts this year? A hockey net and a toy army set.

MEG CRANE/FOR METRO



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# Liberals to get started on inquiry

## INDIGENOUS WOMEN

### Missing, murdered number more than 1,200

The Liberal government will begin laying the groundwork for a national inquiry into missing and murdered indigenous girls by announcing details of a consultation process Tuesday afternoon.

Indigenous and Northern Affairs Minister Carolyn Bennett, Justice Minister Jody Wilson-Raybould and Status of Women Minister Patricia Hajdu, the three cabinet ministers charged with setting up the inquiry, will reveal the de-



**Minister of Indigenous and Northern Affairs Carolyn Bennett.** THE CANADIAN PRESS FILE

tails in the foyer of the House of Commons 12:30 p.m. Tuesday.

Prime Minister Justin Trudeau promised during the election campaign to devote \$40 million over two years

to a national inquiry into the First Nations, Métis and Inuit women and girls who have been murdered or gone missing in Canada.

They number more than 1,200.

A Toronto Star analysis published last week suggests nearly half of those killed did not know, or barely knew, the perpetrators.

This contrasts with the perception left by politicians and the RCMP.

The three cabinet ministers will now begin consulting with aboriginal organizations, legal experts and other stakeholders, especially the families of victims, to establish the mandate and terms of reference of the inquiry.

Bennett has said a proper consultation process before the inquiry starts will be central to the success of a national inquiry of this kind and that families of victims must be involved in a meaningful way.

TORSTAR NEWS SERVICE

**“That begins with listening to the families . . . . There is an urgency and timeline that you would like to see, but none of it will matter if we do it wrong. Carolyn Bennett**



**GOVERNMENT PARLIAMENT'S OPENING DEBATE SEES SPARKS FLY BETWEEN LIBERALS, CONSERVATIVES** Prime Minister Justin Trudeau receives applause from the bench after speaking in the House of Commons regarding his party's throne speech, in Ottawa, on Monday.

THE CANADIAN PRESS

## EXPORTS

### Chinese main buyers of fur

A new analysis shows Chinese consumers with an appetite for luxury have taken over from American sport hunters as the main buyers of Canadian polar bear fur.

But the study to be presented this week at a conference in Vancouver concludes there's no reason to believe that the sale of bear hides or other parts threatens the animal's future.

"This increasing Chinese market may have stimulated some increased hunting, but really what it did is stimulate increased exporting," said Ernest Cooper, a

consultant who is to present his findings Wednesday at ArcticNet, which brings together Arctic researchers from all fields.

Canada is the only country in the world that allows commercial trade in polar bears.

Cooper, whose work has been sent to all governments that manage polar bears, found the number of hides exported by Canada has been gradually rising to 400 in 2013 from 266 in 2005 — although 2014 saw a sharp drop.

The main market for the hides used to be American sport hunters returning home with their

## TRADE

**Canada is the only country in the world that allows commercial trade in polar bears.**

trophies. But after the United States made importing the hides illegal, the trade shifted to China.

The Asian country bought 12 hides in 2005, but accounted for 42 per cent of all hides exported from Canada between 2010 and 2014. THE CANADIAN PRESS

## GOLDEN PALACE

### Egg rolls to travel the country



**Haley Ritchie**  
Metro | Ottawa

They just can't get enough of Ottawa's egg rolls.

Canadians across the country will now be able to order Golden Palace egg rolls after the restaurant announced Monday it is partnering with Shopify and FedEx.

Ironically, the restaurant doesn't do local delivery for takeout, but you can now log

on to their new website and have a box of egg rolls shipped anywhere in the country within 24 hours.

"This idea has been on our radar since I took over the restaurant five years ago," said Bill Kwong, the third-generation owner of the restaurant. "I'm now the owner and a bit more tech savvy and it's been on the radar since then."

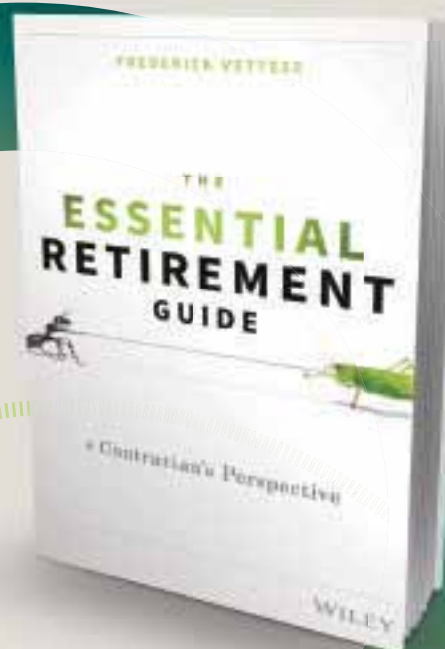
Golden Palace will turn 56 this year and its "famous egg rolls" have been doing a lot of travelling lately.



**En Ning, a cook at the Golden Palace, displays freshly deep-fried egg rolls.**  
LUCY SCHOLEY/METRO

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# Employees return to work, mourn 14 dead

## MASS SHOOTING

### San Bernardino reels as details emerge about radical shooters

Thousands of employees of San Bernardino County began returning to work Monday, five days after a county restaurant inspector and his wife opened fire on a gathering of his co-workers.

The reopening of much of the government's offices signals an effort to return to normalcy for a community that has been in shock and mourning since Wednesday's attack killed 14 people and injured 21.

"To honour them, to express our gratitude for their unimaginable sacrifice, we have to fight to maintain that ordinary," San Bernardino County Supervisor Janice Rutherford said Monday of the victims.

The Board of Supervisors said at a news conference that all facilities have increased security, including armed sheriff's patrols, and officials were considering additional permanent safeguards.

Public Health Director Trudy Raymundo, who attended the holiday luncheon where Tash-

feen Malik and Syed Farook opened fire, thanked law enforcement who guided workers to safety and shielded them from harm.

She also expressed gratitude for the outpouring of support worldwide. Investigators were looking into what led Malik, 29, and Farook, 28, to attack Farook's co-workers.

The couple later died in a furious shootout with police.

The couple had been radicalized and had taken target

**"To honour them, to express our gratitude for their unimaginable sacrifice, we have to fight to maintain that ordinary."**

County Supervisor Janice Rutherford

practice at area gun ranges, in one case within days of the attack that killed 14 people, the FBI said Monday.

In a chilling twist, authorities disclosed that a year before the rampage, Syed Farook's co-workers at the county health department underwent "active-shooter" training in the very conference room where he and his wife opened fire on them last Wednesday.

"We believe both were radicalized and had been for some time," said David Bowdich, assistant director of the FBI's Los Angeles office.

But he said investigators are still trying to establish precisely when, where and by whom they were influenced.

THE ASSOCIATED PRESS



Gary Mendoza, and his son Michael pay their respects at a makeshift memorial site honoring Wednesday's shooting victims Monday in California. JAE C. HONG/THE ASSOCIATED PRESS

## POLLUTION

### Beijing schools close in first smog red alert

Beijing issued its first-ever red alert for smog on Monday, urging schools to close and invoking restrictions on factories and traffic that will keep half of the city's vehicles off the roads.

The red alert — the most serious warning on a four-tier system adopted a little over two years ago — means authorities have forecast more than three consecutive days of severe smog.

An online notice from the Beijing Municipal Environmental Protection Bureau said it issued the alert to "protect public health and reduce levels of heavy air pollution."

Beijing hotel staffer Fan Jinglong said the smog forecast was "really worrisome."

"We have no choice but to step up preventative measures like wearing a mask outdoors at all times," he said.

Readings of PM2.5 particles climbed toward 300 micrograms

per cubic meter on Monday and are expected to continue rising before the air begins to improve with the arrival of a cold front on Thursday.

The World Health Organization designates the safe level for the tiny, poisonous particles at 25.

Along with limiting cars to driving every other day depending on the last number of their license plate, a raft of other restrictions will seek to reduce the amount of dust and other particulate matter in the city of 22.5 million people.

Officials said extra subway trains and buses would be added to handle the additional strain on public transport.

Schools were advised to close, but some were choosing to stay open if they felt they had adequate air filtration systems.

THE ASSOCIATED PRESS

# 1.4M

A study led by atmospheric chemist Jos Lelieveld of Germany's Max Planck Institute estimated that 1.4 million people each year die prematurely because of pollution in China.



Visitors, some wearing masks to protect themselves from pollutants, take a selfie at the Jingshan Park on a polluted day in Beijing. ANDY WONG/THE ASSOCIATED PRESS.

## IN BRIEF

### France's National Party sweeps regional elections

France's far-right, anti-establishment National Front has ridden a wave of anger over migration and extremist attacks into the political mainstream. The conservative party and President Francois Hollande's Socialists scrambled to find ways to block the ascent of the far-right.

THE ASSOCIATED PRESS

### U.K.'s Muslim community rallies around viral slogan

It's become the rallying cry of many defending the faith: "You ain't no Muslim, bruv." The comment, heard in a video following a stabbing at a London train station, has been trending on Twitter and adopted by PM David Cameron. THE ASSOCIATED PRESS

## RACIAL INEQUALITY

### U.S. to launch police probe in Chicago

The Justice Department will investigate patterns of racial disparity in the use of force by Chicago police officers as part of a wide-ranging probe that could lead to calls for sweeping changes at one of the country's largest police departments, the U.S. attorney general announced Monday.

The investigation comes nearly two weeks after the release of a video showing a white Chicago police officer shooting a black teenager 16 times and the same day prosecutors declined to charge another officer in the shooting death of a 25-year-old black man who authorities said was armed with a gun as he ran away from of-

ficers.

"This mistrust from members of the community makes it more difficult to gain help within investigations," Attorney General Loretta Lynch said. "And when suspicion and hostility is allowed to fester, it can erupt into unrest."

Chicago Mayor Rahm Emanuel initially said a federal civil rights probe would be "misguided" but later reversed course.

In a news release after Lynch's announcement, the mayor said his goal is to create a stronger and better police force "that keeps the community safe while respecting the civil rights of every Chicagoan."

THE ASSOCIATED PRESS

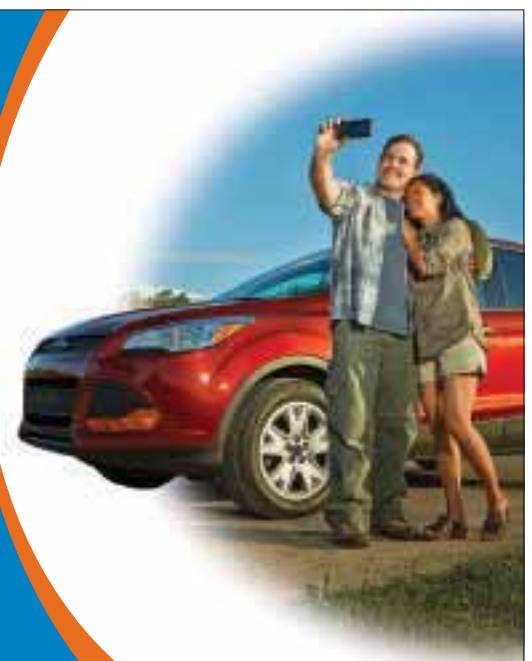
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# CBC hopes for better year

## MEDIA

### Scandals, steep budget cuts in 2015 took toll on broadcaster

It's been a heck of a year for the CBC — a scathing report denounced managers for their handling of the Jian Ghomeshi affair while former anchors Amanda Lang and Evan Solomon faced controversies of their own.

All the while, the CBC continued to grapple with steep budget cuts that slashed news broadcasts, gutted sports and documentary divisions and put for sale signs in front of aging facilities.

But with a more CBC-friendly Liberal government now holding the purse strings, could things finally be looking up for the beleaguered public broadcaster?

Many observers seem to think so.

"The people that are the custodians of this publicly owned institution no longer seem to hate it," said former Fifth Estate host Linden MacIntyre, who retired from the CBC in 2014 amid a round of cuts.

"In the same way that the



**The CBC building in Toronto.** With a more CBC-friendly Liberal government now holding the purse strings, things could finally be looking up for the public broadcaster. THE CANADIAN PRESS FILE

darkness seeped into the institution during the (former prime minister Stephen) Harper era, the light is now going to seep through. And it does have a warming and enlight-

ening effect."

Newly minted Prime Minister Justin Trudeau has promised to restore \$150 million in annual funding that was cut from CBC/Radio-Canada dur-

ing the Harper years

Years of budget and staff cuts have taken a toll on employees, said MacIntyre, who pointed to "an ever-increasing morale problem."



**Jian Ghomeshi**, fired in 2014, will face trial starting Feb. 1 next year. THE CANADIAN PRESS

A series of embarrassing scandals haven't helped, with Lang's final year tainted by allegations of impropriety concerning her ties to a Royal Bank of Canada board member.

Ian Morrison, a spokesman for the pro-CBC group Friends of Canadian Broadcasting, however questioned whether the extra \$150 million in annual funding would be enough to turn things around.

And MacIntyre said he'd want to know what CBC would do with the funds, noting that the board of directors is still "stacked" with Harper appointees.

THE CANADIAN PRESS

## IN BRIEF

### Canada wins meat dispute

Canada's beef and pork sectors are welcoming a World Trade Organization ruling that allows Canada and Mexico to impose \$1 billion in annual tariffs on U.S. products.

THE CANADIAN PRESS

### Provinces sign pact

Manitoba has signed an agreement with Ontario and Quebec to link their cap-and-trade systems at the climate change conference in Paris.

THE CANADIAN PRESS

### Oil drags down loonie

The loonie fell to levels not seen since June 2004 and the TSX dropped more than 300 points as crude oil prices plunged.

THE CANADIAN PRESS

## market minute

	<b>DOLLAR</b> 74¢ (-0.76¢)
	<b>TSX</b> 13,042.83 (-315.94)
	<b>OIL</b> \$37.65 US (-\$2.32)
	<b>GOLD</b> \$1,075.20 US (-\$8.90)

**NATURAL GAS:** \$2.067 US (-8.9¢)  
**DOW JONES:** 17,730.51 (-117.12)

## INTERNET TRAFFIC

# Streaming video hogs 70 per cent of downloads: Report

Streaming has taken over the Internet and now accounts for more than 70 per cent of North American downloads at peak times, up from less than 35 per cent in 2010, according to a report from broadband services company Sandvine.

Netflix makes up a huge part of Internet downloads, the company said, with the streaming

service accounting for 37.1 per cent of all downstream traffic in North America during September and October.

YouTube accounted for the second-largest share of download traffic, at 17.9 per cent, followed by regular Internet browsing at 6.1 per cent.

As streaming sites have risen in popularity, the BitTorrent file-

# 37.1%

**The percentage of downstream traffic accounted for by Netflix users in North America during September and October.**

sharing service — which some blame for the proliferation of pirated content online — has declined in its share of overall Internet traffic.

BitTorrent still accounts for more than a quarter of upload traffic, which is substantially lower than download traffic, in part because of the its peer-to-peer design that sees users share

parts of files with each other.

Yet the file-sharing service now accounts for less than five per cent of total Internet traffic, down from 31 per cent in 2008.

Despite data caps and small screens, audio and video streaming is also the biggest slice of mobile Internet traffic, accounting for 36.98 per cent of overall traffic at peak times.

YouTube was the biggest contributor to mobile downloads, followed by Facebook and web browsing.

Sandvine provides traffic management services to more than 250 Internet providers around the world, and regularly compiles the traffic data from its customers into reports.

THE CANADIAN PRESS

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## COFFEE

# Keurig being sold for \$14B

The battle over the world's coffee drinkers is getting hotter.

Keurig, the maker of single-cup coffee machines sitting on millions of kitchen counters, agreed to sell itself Monday for almost \$14 billion US to JAB Holding Co., a private company with a growing java business.

Fans of Keurig may not see much of a difference in their caffeine fix. JAB Holding said Keurig will operate independently and remain in its headquarters in Vermont.

The Keurig deal will boost JAB Holding's already robust

coffee empire. The Luxembourg-based company has a controlling stake in Jacobs Douwe Egberts, the company behind Gevalia, Tassimo and many other brands.

Buying Keurig will get JAB Holding closer to coffee market leader Nestle, said Stifel analyst Mark Astrachan, in a note to clients. He also said that JAB Holding may try to sell more Keurig brewing machines internationally.

The deal comes as Keurig has reported slowing sales of its machines and K-cups, the

coffee-filled pods that are used in Keurig's machines. Sales of K-cups, which accounted for more than 80 per cent of Keurig's revenue, rose 1 per cent to \$3.6 billion US in the year ending Sept. 26. Sales of its machines fell 23 per cent to \$632.6 million US in the same period.

But JAB Holding sees value in Keurig: It offered \$92 US for each share of Keurig, a 78 per cent premium from the stock's closing price of \$51.70 US on Friday.

THE ASSOCIATED PRESS



## EMMA TEITEL: ON SEASONAL SOFT-PEDALLING

**Enough with the Happy Holidays, already. We all know what that phrase means. So own it.**

Merry Christmas or Happy Holidays? Which season's greeting — the Christian or the non-denominational — should you use in polite conversation with strangers at the mall or acquaintances at the office?

Conventional liberal wisdom tells us that Happy Holidays is the correct greeting, as not everyone celebrates Christmas, and assuming they do is presumptuous and anti-pluralist. Conventional conservative wisdom, meanwhile, dictates the opposite: there is no harm in wishing a stranger Merry Christmas, because most people in North America are Christians anyway, so your chances of offending somebody are fairly slim (And besides, people are just too sensitive these days.)

Some traditionalists, like U.S. presidential candidate Donald Trump, take the conservative, unapologetic Christmas stance to the extreme. When Trump discovered last month that Starbucks released a new line of plain red, holiday coffee cups devoid of the usual Christmas imagery (wreaths, reindeer etc.) the tawny Republican businessman contemplated launching a boycott of the coffee chain.

As a Jew who has never celebrated Christmas, I should probably appreciate Starbucks' new line of inclusive cups and the concerted effort



**Tongue-tied at Yuletide.** Ever feel like you're awash in Santas but don't want to offend anybody by saying Merry Christmas? Maybe just go with it.

BALAZS MOHAI/MTI VIA ASSOCIATED PRESS

by shopkeepers and bank tellers to say Happy Holidays instead of Merry Christmas. But every year I find myself growing increasingly uncomfortable with Happy Holidays and warming up to Merry Christmas as a catch-all greeting in public. Unlike Trump, however, my discomfort with Happy Holidays doesn't stem from the notion that the phrase is too inclusive, but rather that it isn't inclusive at all.

The truth is that there is nothing non-denominational or neutral about "Happy Holidays" when the greeting is consistently offered in a sea of red and green. When you buy a Starbucks latte in a bright red holiday cup, or are handed a candy cane by your bank teller who wishes you "Happy Holidays," you know very well the sentiment is not Happy Hanukkah or Happy Diwali, but Merry Christmas! When you go to Pier 1 and every scented candle smells like "mulled wine," "pine needles," and "peppermint crème," you

know you aren't smelling Hanukkah or Kwanza: you're smelling Christmas! "Happy Holidays" and the culture that permeates the phrase, from neutral coffee cups, to inflatable reindeer in the shopping mall (as opposed to nativity scenes) are not symbols of inclusivity, they are slightly watered down odes to Christmas; a way in which well-meaning liberal Christians and corporations can have their Christmas cake and eat it, too. If it looks like Christmas, smells like Christmas and sounds like Christmas — it's Christmas! So you might as well just come out and say it: Merry Christmas.

This doesn't mean Jews, Muslims, Hindus and other groups who don't celebrate the birth of Christ suffer a great injustice every time they go to the mall or the bank, or Pier 1 during the holidays. (As far as scented candles go, the only thing I can imagine grosser than a mulled wine candle is a candle that smells like Manischewitz). What we

do experience, rather, is the illusion of inclusivity. Take greeting cards as a prime example. Almost every time I enter a mainstream greeting card store and ask where the Hanukkah cards are I am told the following — "We don't have any Hanukkah-specific cards, but we do have several neutral, 'Happy Holidays' cards." I am then pointed toward a stack of greeting cards that are awash in Christmas colours and decked out with snowmen, wreaths, stockings, gingerbread men — and all manner of sparkly things that are decidedly un-Kosher. "Happy Holidays" is not religion neutral; it is Christmas lite.

It is unrealistic and frankly unreasonable to expect stores to carry a wide variety of Hanukkah cards for what is a very small religious minority, just as it is unrealistic to expect businesses and community centres to adorn their walls with stars of David. But it isn't the lack of non-Christmas-themed items and decorations I take umbrage with. It's the phoney nod to religious pluralism; the belief that substituting a Christian phrase with a neutral one will neutralize the culture around it. It pains me greatly to write this, but perhaps where season greetings are concerned Donald Trump is correct.

Better a heartfelt "Merry Christmas" than a disingenuous "Happy Holidays."

**Emma Teitel** is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

## ROSEMARY WESTWOOD

metroview

**ISIL sees itself as more than a 'death cult.' We should, too.**

The municipal budget includes line items for income from stolen sheep, cows and houses. That's on top of taxes levied, according to a former resident, just about any time the authorities felt like it.

And you thought you hated the taxman.

The budget would be funny if it didn't come from ISIL. The document is one of many obtained by Aymenn al-Tamimi, a research fellow at the Middle East Forum.

It's fascinating not just for its odd list of revenues and expenditures (about half of the former from selling stolen antiquities, about half of the latter funnelled to militants) but because it was smuggled out of ISIL territory in Syria. And in the hands of the Planet Money radio program, the document becomes the backbone for a behind-the-scenes look at the idiosyncratic bureaucracy of a terrorist state.

For example, there's a minister of antiquities whose job it is to regulate the looting of ancient artifacts. Looters even need special certificates.

This is just one of the little windows we're getting into the domestic side of ISIL. The Guardian published a story yesterday revealing a leaked memo that spells out the group's vision of statehood, including the creation of government departments, a propaganda operation and a foreign-relations strategy.

In a widely circulated New

York Times article, people who've fled ISIL-controlled towns describe disarray and an authority not all that great at actually running a state. These stories are crucial to fighting terrorism. And in politics, they're being ignored.

Debates on how to defeat ISIL focus heavily on military action — from President Obama preaching resolve on national TV Sunday night to the Conservatives demanding airstrikes during the first question period Monday — and that leaves the public with a skewed view.

War only offers a destructive solution. It doesn't explain how to give stability and order to the lives of those currently paying taxes to ISIL. It doesn't refute the twisted ideology of a group purporting to be as dedicated to sustaining as it is to killing.

"Death cult" has become a fashionable phrase for ISIL that, while technically accurate, isn't exactly descriptive of a group collecting taxes, handing out salaries and drafting a municipal budget.

If we refuse to see the most complete picture we can draw of ISIL how can we beat it?

As if fulfilling the prophecy of the war rhetoric, a majority of Americans now approve sending in ground troops.

The public, in the end, deserves more nuance from politicians and the media. And so far, the media is the only one doing its job.



**There is nothing non-denominational or neutral about "Happy Holidays" when the greeting is consistently offered in a sea of red and green.**

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## It's OK! Eat, drink and be merry

### CHRISTMAS DINNER

#### How to join the turkey and stockings and get pleasantly stuffed

When it comes to stuffing your face, there's a time and place.

That time? The holidays. That place? Probably your family dining room table.

"I couldn't care less about calories," says Shauna Lindzon, a Toronto-based registered dietitian. "When you're with your family, you're there to enjoy your family and have fun."

Instead of beating yourself up over an expanding waistline, Lindzon advocates for mindful holiday eating and shrewd plate building strategies.

"My tip is to fill up half the plate with at least two different-coloured vegetables," she says. "That provides our fibre. So that will help keep us full."

The remainder of the plate should be one-quarter protein — be it turkey, ham, salmon or a vegetarian chili — and the other quarter whole grains, such as quinoa, she says.

If you really want to pack in the nutrients, choose cranberry sauce over gravy and eat mashed potatoes with the skins on, if possible.

As for alcohol, Lindzon prefers people eat their calories, not drink them.

If you're going to imbibe, drink water or sparkling water between drinks — this will help keep you hydrated, hopefully softening the blow of the hangover the next day, she says. If you really want to play it safe, she recommends steering clear of alcoholic drinks mixed with pop, and choose white wine spritzers instead. Try not to have more than one drink an hour to give your liver a chance to process the alcohol. Another tip: ranking your desserts.

"If you're not so into it — if you would rate it a two or a three out of 10 — forego it," says Lindzon. If you love chocolate cake and you would rate that as your 10/10 most delicious treat, eat the whole thing." TORSTAR NEWS SERVICE

### FESTIVE FOODS WHAT A 200-CALORIE SERVING LOOKS LIKE

**BRUSSELS SPROUTS**  
25 sprouts (496 g)  
2.5 g fat, 9 g sugar



**MASHED POTATO**  
250 mL,  
8 g fat,  
1.2 g sugar



**FRUITCAKE**  
60 g, 5.6 g fat,  
17.9 g sugar



**CRANBERRY SAUCE**  
125 mL, 0.2 g fat,  
55 g sugar



**ULTIMATELY, JUST CHILL OUT**  
"It's only one day out of the year. It matters how you eat the other 364 days," says dietician Shauna Lindzon.



**RED WINE**  
237 mL, 0 g fat,  
1.4 g sugar



**HOT CHOCOLATE**  
(made with 2 per cent milk) 250 mL,  
6 g fat, 25 g sugar



**ROASTED TURKEY BREAST**  
170 g, 2.8 g fat, 0 g sugar



**GINGERBREAD COOKIE**  
45 g, 11 g fat,  
17 g sugar



**EGGNOG**  
160 mL, 15 g fat,  
15 g sugar

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# There's no illusion in tempting fate

## THE TRICK WITH THE GUN

### Doc gives close-up look at a deadly sleight of hand

**Richard Crouse**  
For Metro Canada



Scott Hammell did the unthinkable. He asked someone to load a gun, point it at him and pull the trigger. He doesn't have a death wish, he's a magician and the subject of a new documentary, *The Trick with the Gun*, that details the planning and performing of the most dangerous illusion ever devised, the Bullet Catch.

Fourteen magicians have died attempting it and the most famous conjurer of all time, Houdini, never even tried it. Hammell says the trick is risky but, "there are safe ways of doing things that are seemingly extremely dangerous."

He adds, "obviously things can go wrong and that can have

a catastrophic chain reaction."

There is always room for error and sometimes magicians get hurt or even killed on stage.

Hammell gave Metro an exclusive list of the five most dangerous — and potentially fatal — tricks ever performed on stage.

#### Spike

"It starts with a spike sticking through a piece of wood covered with a paper cup or a paper bag. The audience mixes them up and one-by-one the magician slams his or her hands down on the other identical looking cups or bags. The idea is to leave the last bag and you remove it to show the spike still there."

"I cringe whenever I see that. Magicians work with their hands and you screw that up and there goes your career."

#### Russian Roulette

"A mentalist from Britain called Maurice Fogel used six guns all with live bullets. He would take one of the guns and fire it at a balloon or dinner plate to prove it was loaded."

"He'd then mix up the guns and choose the gun he wanted



Filmmaker Chris Gudgeon, left, and Scott Hammell at their first shooting lesson. CONTRIBUTED

pointed at him. On the count of three the marksmen would pull the triggers and hopefully the one pointed at him is empty. He screwed that one up three times.

"Got shot just above the eye one time and in the chest another time."

#### Houdini's Water Torture Cell

"The underwater stuff can be really dangerous because it's hard to communicate with your assistants if something goes wrong."

"If something does go wrong chances are you're finding out

about it at the last minute, which does not give them much time to get you out and resuscitate you."

#### Buried Alive

"This trick dates back thousands of years and has definitely cost a few magicians their

lives. Joseph Burrus attempted to perform it on Halloween, the anniversary of Houdini's death. I guess he didn't account for the weight of the cement he was being buried in.

"They couldn't get him out in time and unfortunately he suffocated."

"Sometimes you get so wrapped up in a trick you forget the little details which turn out to be the big details."

#### The Bullet Catch

"This is the one that has certainly cost the most magicians their lives."

"Penn and Teller call it the most dangerous trick in show business, beyond just magic. I would tend to agree."

"I'm not too familiar with the stunt world but I don't think there are too many stunts in movies or television that have cost so many people their lives and yet people continue to do it."

Watch Hammell perform the world's most dangerous trick in *The Trick with the Gun* on Vimeo-On-Demand or on Super Channel starting Tuesday, December 8.

## JOHANNA SCHNELLER WHAT I'M WATCHING

# The long, lonely hours of a magician

## THE TRICK WITH THE GUN (multiple showings, Superchannels 1, 2, 3 and 4)

Early in this documentary about Canadian magician Scott Hammell's attempt to perform a classic trick, *The Bullet Catch*, the narrator (the film's director, Michael McNamara) lists the records that Hammell holds in the Guinness World Book, accompanied by video of said events: Highest Suspension Straightjacket Escape (dangling from a helicopter). Longest Inverted Juggling. World's Fastest-Moving Card Trick (performed while skydiving). Highest Blindfolded Straightjacket Escape. All of which Hammell accomplished by age 30.

Now he's turning to the notorious Bullet Catch — first performed in the 1600s, it involves either fake or real bullets being shot at a magician, who catches them in his teeth or hand — to lift him to the next level. (Hammell will use a real bullet.)

The theme of death runs through magic — all that sub-



Scott Hammell trains for a skydiving escape. HANDOUT

merging and disappearing and being sawn in half.

"A magician escapes death every night," someone says. As do all who wake up, you realize.

But despite the many interesting musings on mortality and what an artist is willing to do for her art, I kept returning to the practice element.

Not the death-defying stunt itself, but the hours and hours

of repetitive, lonely work it takes to get there.

As a fellow magician puts it, "practice 'til you reach a competency that is mind-blowing."

Contemplating what a "longest inverted juggling" record really means — all those hours, upside down, to earn a stat that means something to a mere handful of people, that can be shattered tomorrow — yeah, my mind was blown.

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# LEARNING CURVE

## What did you learn this semester?

Depending on what your major is, hopefully you learned more about calculus, forestry or inner-city development. But more importantly, this past semester has been a time for students to simply become better students. How and when to study, when to take a break and how to shut off social media are all important skills that students must learn. For many, staying on track is a longstanding challenge.

"My biggest challenge this semester was staying focused on the work at hand," said University of Winnipeg student Adrienne Tessier. "I would constantly be distracted by looking at graduate programs or law schools. I think it comes from getting closer to the end of my degree. But I'm learning that I can't leapfrog over my undergrad if I want to both enjoy this time and reach where I want to be."

Tessier is in her third year of a honours

degree in political science. She says that while getting good marks is always a priority, her number one goal is to enjoy herself along the way. "Mental health is important," she says.

Fourth year biological sciences student Tobi Nifesi says his biggest obstacle this past semester was time management. Nifesi finds visual scheduling to be a useful tool.

"I tackle it by making a mental list of priorities based on urgency and importance," he says. "I give myself deadlines and use a productivity board."

Already preparing for another semester, Nifesi says he would advise students in his shoes to be realistic about how much work they'll be able to do.

"Be realistic and practical with your time," he suggests. "Don't take on more than you can chew... and don't play first, work later. There



ALANA TRACHENKO

will be enough time for play if you finish your work earlier." With only a few courses left in his undergrad, Nifesi says his goal is simple: "Ace them." When it comes to majors like politics that can be subjective in nature, you tend to get out what you put in. Tessier suggests asking questions and examining different angles.

"Examine the viewpoints that you're being taught," she says. "So much of politics is inquir-

ing about things for yourself, especially if you want to get the most out of your degree."

Her study hack is a Chrome extension called Strict Workflow, which blocks any websites that tend to be procrastination go-to's. For Nifesi, a quiet room without too many distractions does the trick.

"Somewhere without too many windows works for me," he says. -ALANA TRACHENKO

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and other courses that explore the many facets of the profession, providing students with a balance of theoretical and hands-on experience. Students will learn about subjects including human psychology, relapse prevention and intervention, pharmacology, and other related topics. Then they'll put their knowledge into practice during a 300-hour community placement as part of the program.

CDI College's instructors are industry professionals who work with students to develop leadership, organizational techniques, counselling expertise and communication

skills that will help them empower others to help themselves.

Once students graduate, they'll be well prepared to access a diverse career path in organizations including drug rehabilitation treatment and rehabilitation centres, community services, group homes, community mental health centres, correctional facilities, and facilities for physically and developmentally handicapped individuals. For more information on CDI College's Addictions and Community Services Worker Program, call 1-800-360-7186 or visit [study.cdicollege.ca](http://study.cdicollege.ca).

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# Science, research approach to massage

Aside from giving individuals the training needed to enter into the hands on field of massage therapy, the massage therapy program at Robertson College takes the approach of being science and research driven.

"We give our students a very thorough look at the human body, both the physiological make-up of the body and an even more thorough look at the anatomy of the body," says Marsha Walsh, RMT, instructor and massage clinic coordinator for Robertson College.

"We allow for plenty of time for students to practice hands on techniques throughout the program, so that they become comfortable in a treatment/clinic setting."

This program is designed for professional individuals who have an interest in how the human body works, the different systems and functions that are encompassed within it, and those with a desire to learn how they all work together.

It is best suited for individuals who enjoy working with others, helping to ease pain, reduce stress and encourage a healthy lifestyle.

"Massage therapists have an understanding of empathy and are able to listen without judgment," says Walsh.

"It is important for these individuals to have strong critical thinking skills who are able to quickly process information and develop focused treatment plans which are both safe and beneficial for the client."

As this Robertson College program continues to grow, as does the programs recognition throughout the industry and beyond.

The CCMTS (Canadian Council of Massage Therapy Schools) holds a nationwide research competition each year, and of the three classes that Robertson College has been able to participate in, they have won the award once and have received an honourable mention.

"I think that this helps attract new students because it lets them see we are a serious program and we offer the best possible education, using the most current and accurate information available," says Walsh.

"Research is an integral part of the massage therapy industry."

Graduates of this program boast a 100



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per cent success rate for finding employment in their chosen field of study.

This comprehensive 2,200-hour program is delivered over 21 months.

The next start date is February 16th, 2016. For more information, visit [robertsoncollege.com/programs/health-care/massage-therapy](http://robertsoncollege.com/programs/health-care/massage-therapy).

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# The beauty industry: growing every day

People today are investing in themselves more than ever, whether that is feeling confident, looking good, or both.

Because of this, the beauty service industry is growing more each day.

“There is a lot of truth in ‘if you look good you feel good’ or ‘if you look after yourself you can better look after others,’” says Mary Elliott, MITT hairstyling instructor.

“The beauty industry and all its services are in high demand and so is the need for qualified apprentices and licensed hairstylist journey persons to fill the those demands.”

Over the past 30 years, the Manitoba Institute of Trades and Technology (MITT) hairstyling program has grown in many ways to meet the changing needs of the beauty service industry.

“Growth of the program is a testament to the quality of delivery, success of graduates and the always growing demand for

qualified trades people in the industry,” says Elliott.

“We have grown from an approximate 500 square foot salon/classroom which started with one teacher and 15 students to a now approximately 2,000 square foot salon/classroom with 30 full service stations and separate classroom area, with three teachers and 50 plus students each year.”

This program is maximizing the use of the facility by offering day and evening programs to students on a full or part time basis.

MITT hairstyling has two start dates September and February for both day and evening programs and has been designed for high school students and adults and who have an interest in the beauty industry, are creative and enjoy working with people.

Students have the opportunity to develop and gain knowledge and expertise in the theory and practical components of the hairstyling trade.



Hairstyling student Sam Groen. CONTRIBUTED

“Since MITT is “the work school”, we have a full salon in operation providing students with hands on experience and the public with the opportunity to receive services such as a haircut and style, colour, various chemical texture services, and

more,” says Elliott.

The salon is open to the public and provides salon services on selected days and evenings from 8:45 a.m. until 9:30 p.m.

For more information about the hairstyling program at MITT, visit MITT.ca.



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Alanna Kessen  
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# Be confident with your language skills

It is one thing to learn another language, but it is something completely different to have the confidence to use these new skills in an everyday environment. Université de Saint-Boniface offers conversational add-on courses give students a chance to use the language skills they have learned and improve their fluency, as well as provide students with a chance to meet other speakers of the language.

“Using a language in an authentic situation helps learners to develop fluency, improve their listening comprehension, and gain a deeper understanding of the language by seeing how it is really used instead of just seeing examples provided in class,” says Erika Morin-Nett, language program coordinator, Université de Saint-Boniface

“Also, the more contact one has with the language, the more one remembers. Finally, learners gain confidence when they see what



CONTRIBUTED

they can actually do, and confidence is a big factor in successful language learning.”

This year there are two new options for language learners. Both aim to provide a place where people can get extra practice for the language they are learning. For Spanish, they can sign up for Café encuentro, where students meet once a month for conversation and coffee.

For French, intermediate and advanced learners can take part in Allons ensemble, a series of excursions to different community activities, with preparatory workshops beforehand.

The winter session starts Jan. 9 and runs until the end of March. For more information, call 204-235-4400, or visit [ustboniface.ca/educationplus](http://ustboniface.ca/educationplus).

# Importance of celebrating our cultural diversity

Mekala Wickramasinghe, PACE’s (University of Winnipeg’s Professional, Applied and Continuing Education) student life coordinator, remembers the first Cultural Evening that ever took place at the school — it was initiated by a group of PACE students who organized a Bollywood movie night in a classroom.

“I remember looking at the room; there were a diverse group of people enjoying a Bollywood movie, one with such beautiful scenery of the mountain cities of India, clothing with vibrant colours, and unlike Hollywood movies, many dances,” says Wickramasinghe.

“Some Canadian students even brought their friends and families.”

That was the first moment PACE realized the importance of celebrating the cultural diversity that the PACE students brought to the community. The event has continued to grow and is now the signature life event at PACE.

Last year’s Cultural Evening saw beautiful performances from Indigenous, Indian, Philippines, and Chinese cultures, as well as food and a fashion show, with more than 35 cultural groups represented at the event.

“It really speaks to the need of our society,”



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says Wickramasinghe.

“Students and members of the public get to know more about the similarities of the other ethnic groups in Canada and appreciate the differences.” For 2016, Wickramasinghe says the event is expected to be more interactive as well as informative.

This year’s event will take place on Friday, Jan. 29, 2016 at Eckhardt Gramatte Hall and begins at 7 p.m. For more information, visit [uwinnipeg.ca/index/siteevent-details-action/id.2825/title.uwpace-cultural-evening](http://uwinnipeg.ca/index/siteevent-details-action/id.2825/title.uwpace-cultural-evening).



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GRADUATE - DENNIS BATACAN  
Supervisor, City of Winnipeg

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# An environment that will lead to success

Wellington College has a group of professionals working towards your success.

The College will provide you with excellent knowledge-based training in massage therapy with a deep-rooted foundation, providing a supportive, caring environment.

To help students even further, Wellington College offers a number of support programs to students who may need a bit of extra help or for those who just want to get the most out of their education and time at the College.

"We believe it makes for a well-rounded program and educational experience as a whole," says Tricia Neill, operations manager, Wellington College.

"When all aspects of a students' life are as balanced as possible, they have maximum chance for success."

One of the services that Wellington College offers their students is in-house counseling.

"Mental health is equally as important as our physical health," says Neill.

"Students and staff can tap into this valuable, complimentary resource anytime the

## INFORMATION SESSIONS

Wellington College has regular information sessions, which includes a presentation from a faculty member or the director himself, a tour and Q&A period.

The next information sessions are scheduled for January 24th.

Call 204-957-2402 to reserve your spot.

stress and pressure of daily life becomes too much and they need a safe place to talk it through." Through counselling, Neill says the college has seen the confidence grow in the most shy or anxious of students.

"With that confidence, came personal growth and academic success," she says.

If stress is starting to play a role in a student's education, there are weekly yoga sessions that take place at the college to help students to regain focus and relieve tension.



CONTRIBUTED

And another valuable support program offered to student in need is the free tutoring.

"Often, students lack the financial resources to obtain assistance," says Neill.

"Not only is it about social responsibility but also a way of giving back to the students for trusting us with their education."

Through tutoring, Neill says the college has seen those challenged by academics go on to win awards at the completion of their program.

For more information about any of these support programs, or Wellington College, visit [wellingtoncollege.com](http://wellingtoncollege.com).

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CONTRIBUTED

# Be a life-long learner

The desire to help others to become life-long learners like herself is what drove Karen Willy to the Red River College recognition of prior learning (RPL) practitioner program, available through the School of Continuing Education.

As a coordinator for adult literacy and basic education for the Government of the Northwest Territories' Department of Education, Culture and Employment, Willy is responsible for the Adult Recognition Model, designed for those enrolled in adult basic education.

The program gives participants the opportunity to complete academic credits for core courses, and to receive recognition for the optional credits they need for a senior secondary school diploma. "You need to understand that adults come with their own experiences, their own knowledge, and their own learning that we need to honour," says Willy.

Given the importance of Willy's portfolio — which helps learners become full participants in the social, economic, cultural and political development of the N.W.T. — she knew she needed to have a strong background in RPL.

RPL involves the identification, documentation, assessment and recognition of formal study and informal learning gained through work and life experience.

RRC evaluates and grants credit for qualifying previous formal, informal and non-formal learning that is equivalent to college courses or programs. Willy completed a blended program through RRC — part online delivery, part face-to-face.

"It really helped me improve what I'm doing here," she says. "What really stuck out to me was the level of dedication that the instructors have."

Willy credits Deb Blower, her practicum instructor, with being a huge contributor to her success. She says Blower helped her become better at strategic planning, and eventually at developing an adult-learning plan for the N.W.T.

Like Willy, adults who are interested in/ or who are completing the RPL practitioner certificate are from a variety of organizations including post-secondary institutions, professional organizations, regulatory bodies, sector councils and industry organizations, adult learning centres, career and employment counselling, immigrant serving agencies and community organizations. The RPL practitioner certificate courses are delivered online and adults from all provinces and territories have accessed these courses. For more information about the RPL practitioner certificate, visit [rrc.ca/plp](http://rrc.ca/plp).



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COLLEGE

SCHOOL OF  
CONTINUING EDUCATION

Denver Broncos QB Peyton Manning will suit up and throw outdoors this week as he begins his comeback from a torn plantar fascia

## Going from first to worst

CFL

### Jones takes head coach/GM position with Roughriders

Chris Jones comes from the southern United States, where football is akin to religion. He sees the same dedication to the sport in his new CFL home.

Jones was introduced Monday as the new head coach, general manager and vice-president of football operations of the Saskatchewan Roughriders, ending weeks of speculation about the Grey Cup-winning coach's future.

Jones, who led the Edmonton Eskimos to a CFL championship this season, says he's looking forward to working in Saskatchewan, which boasts a fervent fan base. "I'm from a little, small place down in Tennessee, town called South Pittsburg ... and to have this opportunity, I woke up this morning with a smile on my face," Jones said at a news conference at Mosaic Stadium in Regina.

"Football matters a whole lot down south, and it matters a whole lot here, and that hinged a lot on my decision."

Jones will have his work cut out for him, inheriting a

Roughriders team that struggled mightily last season en route to a league-worst 3-15 record.

Saskatchewan spent half of last season with interim tags on both its head coach and GM after the organization fired coach Corey Chamblin and GM Brendan Taman in September.

Jones wouldn't speculate on his vision for the Riders' future.

"I'm not going to sit here and make any bold predictions or anything like that," he said. "I can tell you that we're going to put a really high-quality, high-character staff together that

enjoys being around each other. We're going to bring in good people first, that happen to be good football players and we're just going to go to work."

He says there are good players on the roster

and it's a matter of adding to an already good product. However, he adds the salary cap "will dictate who can stay and who has to go."

Jones has had success at each of his CFL stops since entering the league in 2002 as a defensive line coach with the Montreal Alouettes. After the Alouettes won the Grey Cup in 2002, he was defensive co-ordinator Calgary's

“

**This is an opportunity for him to grow professionally and I wish him well in his future endeavours.**

Eskimos GM Ed Hervey



A little more than a week after winning the Grey Cup with the Eskimos, Chris Jones is on the move to Riderville.

ABOVE: MICHAEL BELL/THE CANADIAN PRESS;  
LEFT: JASON FRANSON/THE CANADIAN PRESS



BLUE BOMBERS

### LaPolice returns to head offence

Paul LaPolice is heading back to Winnipeg.

The former Blue Bombers head coach has been hired by the team as its new offensive co-ordinator.

The Blue Bombers tweeted a 19-second video Monday night depicting LaPolice and head coach Mike O'Shea signing a contract and shaking hands.

"Fire it up," LaPolice says in the video after being introduced as the new offensive co-ordinator by O'Shea.



**Paul LaPolice**  
THE CANADIAN PRESS FILE

The 45-year-old LaPolice served as Winnipeg's head coach from 2010 to 2012. He compiled a 16-28 record during that time.

He will replace Marcel Bellefeuille, whose contract was not renewed by the Bombers following the 2015 season.

LaPolice first broke into the CFL as a receivers coach with the Toronto Argonauts in 2000 before joining the Bombers as an offensive co-ordinator and quarterbacks, receivers and running backs coach two years later. He also worked as a receivers coach with the Hamilton Tiger-Cats and Saskatchewan Roughriders. THE CANADIAN PRESS



**University of Winnipeg athletic director Dave Crook addresses a crowd ahead of this year's tournament.**

EVAN MATTHEWS/FOR METRO

BASKETBALL

## 49th Wesmen Classic ready to tip-off

**Evan Matthews**  
For Metro

The University of Winnipeg is holding the annual Wesmen Classic basketball tournament for the 49th straight year, and it begins this week.

The Wesmen haven't won the tournament since 2006, but second-year six-foot-four guard Denzel Lynch-Blair says the team can feel added incentive.

"It would mean a lot if we won the classic. There is more emphasis in being the host team,"

### + SCHEDULE

- The Adidas Junior Varsity Classic starts Dec. 11 to Dec. 12, with the final on Dec. 27.
- The Metro News High School Boys Classic plays from Dec. 27-30.
- The Coca-Cola University Men's Classic plays Dec. 28-30.

Lynch-Blair said. "When you're at home you always want to win ... in front of friends and family."

University of Winnipeg athletic director Dave Crook said the tournament plays host to three groupings including the Junior

Varsity Classic, the High School Boys Classic and the University Men's Classic.

"High school is a little different this year. A team is in from Thunder Bay and they're going to add a different look," said Crook.

"On the university side, it's great having Acadia out of Atlantic Canada. We'd like to see Winnipeg or Manitoba in the final, but I'd prefer Winnipeg myself," he said.

Lynch-Blair says he's looking forward to another opportunity against the out-of-town team.

"We've played Lakehead (Thunder Bay) twice this season, and we split (the season series)," Lynch-Blair said. "It'd be nice to win this third game."

The University of Winnipeg has won the tournament 10 times since 1967.



## RECIPE Chickpea and Cauliflower Curry



PHOTO: MAMA VISNYEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada



Before you even have a chance to tuck into this quick and easy curry, you're going to be won over by its glorious aroma.

**Ready in**  
Prep time: 40 minutes  
**Serves 6**

### Ingredients

- 2 Tbsp coconut oil
- 1 large onion, diced
- 2 cloves garlic, minced
- 1 1/2 inch ginger, minced
- 2 tsp ground coriander
- 2 tsp ground cumin
- 1 tsp ground cinnamon
- 1 tsp ground turmeric
- 1 x 28-ounce can of diced tomatoes
- 1 x 15-ounce can of chickpeas, drained and rinsed
- 1 x 15-ounce can of coconut milk
- 1 medium head of cauliflower, cut into florets

- 2 tsp garam masala
- Salt and pepper to taste
- Handful of fresh chopped cilantro, plus more for garnish

### Directions

**1.** In a large Dutch oven, heat the coconut oil over medium heat. Add onion, garlic and ginger and sauté for about 8 to 10 minutes. Stir in the coriander, cumin, cinnamon and turmeric and cook for about 1 minute.

**2.** Add the tomatoes, chickpeas, coconut milk and cauliflower. Bring mixture to a boil, then reduce the heat to low. Cover and simmer for about 15 minutes. Stir in the garam masala and cook uncovered for 5 to 10 minutes, until it thickens slightly. Season with salt and pepper and stir in fresh cilantro. Serve over brown rice and garnish with a bit more cilantro.

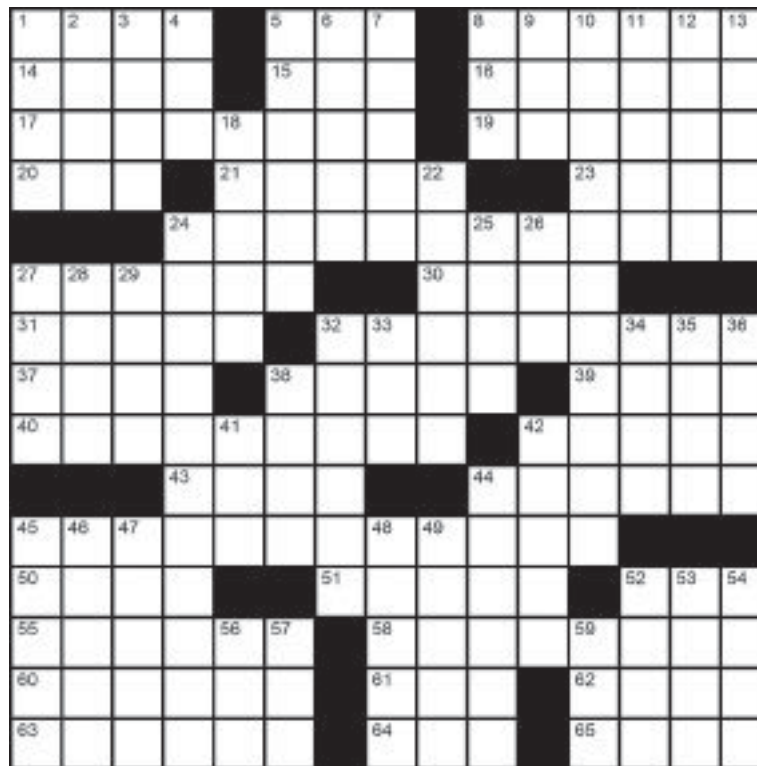
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## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

- Calgary \_\_, Airport
- Possesses
- Maureen \_\_ (Residences: Homes of Canada's Leaders author)
- Lawn mower brand
- Toronto, \_\_
- Body of work
- Canada Dry product: 2 wds.
- Settle
- Till
- Marketing ploy, e.g.
- Evil group on 1960s spy sitcom "Get Smart"
- Beatles tune Alanis Morissette sang for a John Lennon tribute special in 2001: 2 wds.
- Secure
- Lab gel
- Wins
- Individual item
- "It's either her \_\_"
- (Ultimatum to the unfaithful)
- Plods wearily along
- Olivia of "The Wonder Years"
- Diet advertisement's tape measure locale
- Sorrow [var. sp.]
- Multi-revolution figure skating jump, e.g.
- Mr. Bigalow's
- Specialist in makeup and skin-care: 2 wds.
- Earthenware pot
- Gateway to swipe



- a subway pass
- She's opposite
- Ms. Hepburn
- Nunavik village in northern Quebec meaning "The Giant"
- Stow cargo in a ship's hold
- Affirmative gesture

- Taj Mahal's site
- More nervous
- Edmonton cheer starter, "Gimme \_\_!"
- React as warm ice

### DOWN

- "The Seven Year \_\_" (1955)

- Court plea, \_\_ contendere
- 1983 Spandau Ballet hit
- High-arc tennis shot
- "Whoopee!"
- Both/either conjunction combo
- Mailing mark
- "The \_\_ Squad"

- Bee's follower
- Exhausted: 2 wds.
- Mineral water brand
- George Clooney's medical TV job: acr. + abbr.
- Actress/singer, Della \_\_
- Eyewear, col-

- loqually
- Freezie flavour
- Topped-with-oats desserts: 2 wds.
- Aussie footwear faves
- NBA's Mavericks, on scoreboards
- Madonna's "Take \_\_"
- Prefix meaning "Trillion"
- James Brown and The Rolling Stones are performers in this 1964 concert film, "\_\_\_\_ Show"
- Microscope specimen holders
- Particle
- Toiletry item
- Classic instrument
- Neither partners
- Do in, Medieval-style
- "Tsk!"
- Eric Clapton band, \_\_ and the Dominos
- Dupe
- Brag
- Rinse, as with a solvent
- Middle name of astronaut Neil Armstrong
- Ms. Aguilera, to fans
- Fasten the name-tag: 2 wds.
- Massive
- Dixie Chicks hit: "Goodbye \_\_"
- Card game
- Character in Haydn's oratorio The Creation
- Your, fun-style
- Toast spread

## ★ IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
You may do something today that others will not approve of but you won't change course because of it. If anything you will enjoy being singled out for so much attention. Besides, all publicity is good publicity.

**Taurus** April 21 - May 21  
Your daily routine will be interrupted today and you won't be too happy about it. That said, does your life really need to be so regimented? Maybe you should try to relax a bit.

**Gemini** May 22 - June 21  
Why is it that everyone but you seems to have got it wrong? Why is that no one can see what you can see? Whatever the reason, carry on with your own way of doing things.

**Cancer** June 22 - July 23  
Don't try to reason with certain people because whatever you say they will disagree with. It may annoy you that they are so stubborn but you are like that too sometimes.

**Leo** July 24 - Aug. 23  
To some people the current outlook may seem a bit glum but you can see the bright side in even the darkest situation, so make it your aim to remind them that life can still be fun. But if they remain unconvinced don't let them bring you down too.

**Virgo** Aug. 24 - Sept. 23  
Don't let someone's selfishness or stupidity get to you today. Stay calm and refuse to let your lower nature take control.

**Libra** Sept. 24 - Oct. 23  
If you don't feel like working then don't force yourself. There is no point starting anything too detailed. If possible, keep your powder dry until the new moon comes round on Friday. Then your enthusiasm will return.

**Scorpio** Oct. 24 - Nov. 22  
If you're wondering what might have been that is a sure sign you need to make changes. Give it a few days and it may surprise you how easy it is to transform your life.

**Sagittarius** Nov. 23 - Dec. 21  
There are times when it is smart to keep your thoughts to yourself and this is one of them. Even if a family member pesters you for an opinion today you must bite your tongue.

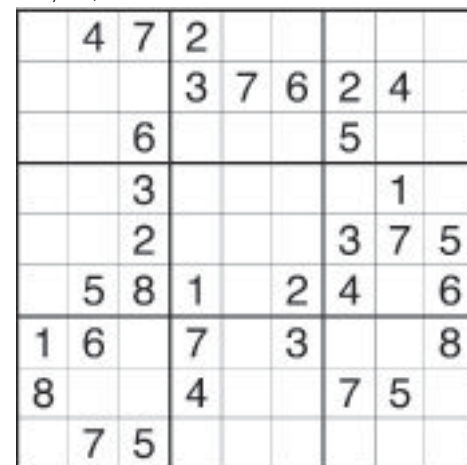
**Capricorn** Dec. 22 - Jan. 20  
Employers are demanding and what annoys you most is that they change their minds every two minutes. Getting angry will make matters worse.

**Aquarius** Jan. 21 - Feb. 19  
You will do something so strange today that even those who know you well may wonder if you are losing your mind. Maybe you are but either way it's good to keep them on their toes. Don't ever be taken for granted.

**Pisces** Feb. 20 - March 20  
If you rely heavily on emotions then you may stray from the truth. The more you see conspiracies round every corner the more you can be sure that your imagination is playing tricks on you.

### CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



metro

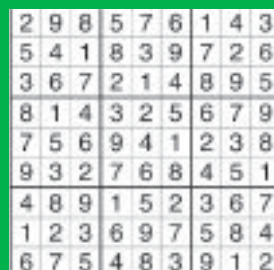
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